

# The Daily Bites

August 22, 2011

*The most outstanding Q & A, excerpts, examples, illustrations, definitions, and advice from the Daily Kabbalah Lesson of Dr. Michael Laitman and Bnei Baruch*

## Daily Kabbalah Tip

*Advice in the daily Kabbalah lesson is recommended, practical tasks for advancing spiritually*

### Preparation and Deficiency

**What should we do in order to remain with intention during the reading of *The Zohar*?**

In order to remain in the right intention during the reading of the *Book of The Zohar*, we must prepare ourselves before the lesson, already from the evening before. Read a passage before sleep and immediately upon getting up in the morning, awaken in yourself the correct thoughts. The main thing is the deficiency because without the deficiency we don't get anywhere. We must strengthen before us the correct deficiency, i.e., if I act within the desire to receive, then I must ask for corrections and if I act within bestowal, then I demand realization. Deficiency needs to be clear to me during the lesson.

- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 08/22/11](#), *The Zohar* (minutes 16-20)